



## Sample VISTA Monthly Budget for a Household of One

### Without Food Stamps

Rent	\$	400.00
Utilities	\$	100.00
Transportation	\$	75.00
Groceries	\$	150.00
Misc. (cable, cell phone, etc.)	\$	30.00
<b>TOTAL Monthly Expenses</b>	<b>\$</b>	<b>755.00</b>

Estimated Monthly Allowance *	\$	797.53
	\$	-
<b>Total Income</b>	<b>\$</b>	<b>797.53</b>
<b>Less Expenses</b>	<b>\$</b>	<b>755.00</b>

**TOTAL Left After Expenses      \$    42.53**

### With Food Stamps

Rent	\$	400.00
Utilities	\$	100.00
Transportation	\$	75.00
Groceries	\$	150.00
Misc. (cable, cell phone, etc.)	\$	30.00
<b>TOTAL Monthly Expenses</b>	<b>\$</b>	<b>755.00</b>

Estimated Monthly Allowance *	\$	797.53
<b>Max Monthly Food Stamps</b>	<b>\$</b>	<b>162.00</b>
<b>Total Income</b>	<b>\$</b>	<b>959.53</b>
<b>Less Expenses</b>	<b>\$</b>	<b>755.00</b>

**TOTAL Left After Expenses      \$   204.53**

\* Estimated Monthly Living Allowance less Federal Taxes



Developed by the Ohio Association of Second Harvest Foodbanks for the Corporation for National and Community Services Ohio State Field Office 1/08